



CROSS TEAM CHALLENGE Concept2 Forum Members

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May 2016 - The Sub 7 Triple 7 Long and Short of it
This challenge was chosen by SUB7

Row
777m / 223m / 777m / 223m / 777m / 223m / 777m / 223m
With 7 minutes total rest spread however you like between the reps.

The first rep from a standing start the others how you choose

Record the time taken for the total 4000 metres.

The simplest way to split the rests is one minute between each rep.

The June challenge will be chosen by the independents.

See the [ISS forum thread](#) for details.

Most Recent Entries

Date	Name	Cat	Team	Result
2016-07-16	Dave Haynes	MHWT	Fitness Matters	14:20.8
2016-06-01	Barbara H	FHWT	Free Spirits	15:53.0
2016-06-01	Michelle Houghton	FHWT	Free Spirits	18:30.1
2016-06-01	Laurent Sinico	MHWT	FIRT	16:41.0
2016-06-01	Sarah Graham Fuhrmann	FHWT	Sub 7	16:57.2

Bold = new time; *italic* = updated time

Add/Update an Entry

Current Leaderboard

Names in blue italics have added or updated their times within the past 24 hours.

#	Name	Cat Team	Result	Pace	Power	
1	Pavel Shurmei	M Sub 7 I	11:56.5	1:29.6	487.2	1 Sub 7 I
2	Sam Blythe	M Fitness Matters I	12:04.6	1:30.6	471.0	Pavel Shurmei (H) Dan Stanley (H) Kev Bell (H)
3	Jon Nonklett FM	M Fitness Matters I	12:05.0	1:30.6	470.2	84 pts
4	Luke Wollenschlaeger	M Paddy Power I	12:05.2	1:30.7	469.9	2 Fitness Matters I
5	Dan Stanley	M Sub 7 I	12:11.9	1:31.5	457.1	Sam Blythe (H) Jon Nonklett FM (H) Chris chapman (H)
6	Chris chapman	M Fitness Matters I	12:16.5	1:32.1	448.6	83 pts
7	Benjamin Reuter	M Fitness Matters II	12:16.9	1:32.1	447.8	3 Fitness Matters II
8	Andy Benko	M Paddy Power I	12:18.8	1:32.4	444.4	Benjamin Reuter (H) Charles Green FM (H) 11Thomas Hansen (H)
9	Charles Green FM	M Fitness Matters II	12:23.5	1:32.9	436.0	82 pts
10	Kev Bell	M Sub 7 I	12:31.7	1:34.0	421.9	4 Fitness Matters III
11	11Thomas Hansen	M Fitness Matters II	12:34.1	1:34.3	417.9	Tony R Dam FM (H) Lee Bawn FM (H) BlanksbyFM (H)
12	Tony R Dam FM	M Fitness Matters III	12:35.5	1:34.4	415.6	81 pts
13	Lee Bawn FM	M Fitness Matters III	12:37.4	1:34.7	412.4	5 Paddy Power I
14	BlanksbyFM	M Fitness Matters III	12:39.5	1:34.9	409.0	Luke Wollenschlaeger (H) Andy Benko (H) Jeff Gay (H)
15	Christian BW FM	M Fitness Matters IV	12:43.0	1:35.4	403.4	80 pts
16	Mark Roberson FM	M Fitness Matters IV	12:44.3	1:35.5	401.4	6 Sub 7 II
17	Danny Graham	M Team Oarsome I	12:45.1	1:35.6	400.1	Ally Cooper (H) James Murray (H) Warren Matthews (H)
18	Danjial Martin Hofgaard FM	m Fitness Matters I	12:45.3	1:35.7	399.8	7 Fitness Matters IV
19	Hameed Mourani FM	M Fitness Matters IV	12:45.4	1:35.7	399.6	Christian BW FM (H) Mark Roberson FM (H) Hameed Mourani FM (H)
20	Ally Cooper	M Sub 7 II	12:47.0	1:35.9	397.1	78 pts
21	James Murray	M Sub 7 II	12:48.0	1:36.0	395.6	8 Team Oarsome I
22	hjs	M Forum Flyers I	12:48.6	1:36.1	394.7	Danny Graham (H) Al Taylor (H) PR_SAV (H)
23	EricL	M FIRT I	12:48.7	1:36.1	394.5	77 pts
24	Warren Matthews	M Sub 7 II	12:49.0	1:36.1	394.1	9 MAD I
25	Stewart Wyllie	M RowPro Rowers I	12:51.5	1:36.4	390.2	Pete Marston (H) Simon Handley (H) Kieran Cahill (L)
26	Ole Bahlmann FM	M Fitness Matters V	12:51.6	1:36.5	390.1	76 pts
27	Al Taylor	M Team Oarsome I	12:51.9	1:36.5	389.6	10 Sub 7 III
28	Tobias Stoehr	M Fitness Matters V	12:54.0	1:36.8	386.5	Alex Doidge (H) Alan Thomas (H) Darren Freeman (H)
29	Lee Waddon	M Fitness Matters V	12:55.0	1:36.9	385.0	75 pts
30	Chris Gass	M Fitness Matters VI	12:55.3	1:36.9	384.5	11 Fitness Matters V
31	Liefcat	M Free Spirits I	12:56.0	1:37.0	383.5	Ole Bahlmann FM (H) Tobias Stoehr (H) Lee Waddon (H)
32	Darren Owen FM	M Fitness Matters VI	12:56.3	1:37.0	383.0	74 pts
33	Patrick Midgley	M Fitness Matters VI	12:56.5	1:37.1	382.7	12 Sub 7 IV
34	Mark Rozewicz	M Fitness Matters VII	12:56.9	1:37.1	382.2	cygwyllt (H)
35	35RowdyFM	M Fitness Matters VII	12:57.5	1:37.2	381.3	Walter Zagzebski (H)
36	Marshall Godschalk FM	M Fitness Matters VII	12:57.7	1:37.2	381.0	73 pts
37	Alex Doidge	M Sub 7 III	12:57.8	1:37.2	380.8	13 Free Spirits I
38	Alastair Peake	m Sub 7 I	12:57.8	1:37.2	380.8	Liefcat (H) haaico (H) Felton Humble (H)
39	Alan Thomas	M Sub 7 III	12:58.9	1:37.4	379.2	72 pts
40	Darren Freeman	M Sub 7 III	12:59.4	1:37.4	378.5	14 Fitness Matters VI
41	haaico	M Free Spirits I	13:00.2	1:37.5	377.3	Chris Gass (H) Darren Owen FM (H) Patrick Midgley (H)
42	cygwyllt	M Sub 7 IV	13:00.2	1:37.5	377.3	71 pts
43	Walter Zagzebski	M Sub 7 IV	13:00.4	1:37.6	377.0	15 Sub 7 V
44	1 Ross Love	M Fitness Matters VIII	13:02.0	1:37.8	374.7	Richard Cheeseman (H) Martin Evans (H) Scott Pollock (H)
45	Steve Sidaway	M Sub 7 IV	13:02.4	1:37.8	374.2	70 pts
46	Justin Farina FM	M Fitness Matters VIII	13:02.7	1:37.8	373.7	16 RowPro Rowers I
47	DavidHolmberg	m Free Spirits I	13:03.2	1:37.9	373.0	Stewart Wyllie (H) Bjorn_Stensheim (H)
48	Richard Cheeseman	M Sub 7 V	13:03.5	1:37.9	372.6	Arwed Egger (L) France Bergeron (F)
49	Martin Evans	M Sub 7 V	13:03.7	1:38.0	372.3	
50	Julian Warrick	M Fitness Matters VIII	13:03.8	1:38.0	372.2	
51	Andy J Pearce	M C2TweetCrew I	13:03.9	1:38.0	372.0	
52	Gary F Curtis	M Fitness Matters IX	13:05.5	1:38.2	369.7	
53	Felton Humble	M Free Spirits I	13:06.6	1:38.3	368.2	
54	Arwed Egger	m RowPro Rowers I	13:06.9	1:38.4	367.8	
55	PR_SAV	M Team Oarsome I	13:07.1	1:38.4	367.5	
56	Jeff Gay	M Paddy Power I	13:08.2	1:38.5	366.0	
57	Bogi Olsen FM	m Fitness Matters II	13:08.3	1:38.5	365.8	
58	Bjorn_Stensheim	M RowPro Rowers I	13:09.1	1:38.6	364.7	
59	Robert Carson	M Fitness Matters IX	13:09.3	1:38.7	364.4	

Table listing rowing team members with their names, gender (M or F), team name, and performance times across four columns.

Table listing rowing team members with their names, gender (H or F), team name, and performance times across four columns.

354 Mark Powell	M	Sub 7 XV	16:00.0	2:00.0	202.5
355 Alice Smith	F	Sub 7 XIII	16:00.6	2:00.1	202.2
356 Bluebell31	F	Sub 7 XIV	16:01.9	2:00.2	201.3
357 Sarah Doyle PP	f	Paddy Power II	16:02.1	2:00.3	201.2
358 Peter Sheean	m	Forum Flyers VII	16:05.8	2:00.7	198.9
359 Alex d'Arcy	M	The Sprint Group I	16:08.8	2:01.1	197.1
360 France Bergeron	F	RowPro Rowers I	16:09.0	2:01.1	197.0
361 Andy Tripp	M	Tribesports II	16:11.4	2:01.4	195.5
362 Debbie Barber	F	Forum Flyers I	16:12.5	2:01.6	194.8
363 Ruud Jackel	M	RowPro Rowers IV	16:15.1	2:01.9	193.3
364 Clare Rainbow	f	Sub 7 XIV	16:16.1	2:02.0	192.7
365 Marjorie	F	Sub 7 XV	16:16.1	2:02.0	192.7
366 Mark Cawthorne	M	Free Spirits VIII	16:16.5	2:02.1	192.5
367 Jackie Hicks	F	Independent I	16:16.7	2:02.1	192.3
368 Laura Fairbairn	F	Free Spirits II	16:17.3	2:02.2	192.0
369 Howard Brammer ski	M	Ski Erg III	16:17.8	2:02.2	191.7
370 Lori Lindahl	F	Fitness Matters IX	16:24.1	2:03.0	188.0
371 Jonathan Turns ETT	M	Empty the Tanks II	16:24.3	2:03.0	187.9
372 Anita Pearce	F	C2TweetCrew II	16:24.6	2:03.1	187.7
373 Laurence LOPEZ	F	FIRT I	16:25.7	2:03.2	187.1
374 Debbie Meek	f	Gee Crew I	16:25.7	2:03.2	187.1
375 NC Stanley	M	Age Without Limits I	16:25.7	2:03.2	187.1
376 Jeremy Delarue	M	FIRT VI	16:25.8	2:03.2	187.1
377 Casey Clarke	M	Sub 7 XV	16:26.3	2:03.3	186.8
378 Cathy Lowe Rimov	F	Sub 7 XV	16:27.3	2:03.4	186.2
379 Amy Stewart	F	DLC Gidea Park II	16:28.0	2:03.5	185.8
380 Margo James	f	RowPro Rowers II	16:30.3	2:03.8	184.5
381 Julie Paillin	f	Red Line Rowers III	16:30.8	2:03.9	184.2
382 Rodger	M	Free Spirits VIII	16:31.0	2:03.9	184.1
383 Loretta Attey	f	Tribesports I	16:31.2	2:03.9	184.0
384 FREELANCE MN SPEGGIORIN ORNELLA	f	ROWING CLUB MANTOVA II	16:32.2	2:04.0	183.5
385 Zoe Barnes	F	Sub 7 XVI	16:33.5	2:04.2	182.7
386 Lindsay Hewitt	F	DLC Gidea Park III	16:34.4	2:04.3	182.2
387 IKimmie	F	Fitness Matters X	16:34.5	2:04.3	182.2
388 Liezel du Preez	F	Free Spirits III	16:36.4	2:04.6	181.1
389 Annette Wammen	f	RowPro Rowers II	16:36.5	2:04.6	181.1
390 Maurice Buhot	M	FIRT VI	16:38.0	2:04.8	180.3
391 Jack Gilmore	m	Forum Flyers VII	16:39.1	2:04.9	179.7
392 Dariane Mazet	f	FIRT II	16:39.2	2:04.9	179.6
393 Laurent Sinico	M	FIRT VI	16:41.0	2:05.1	178.7
394 Rob Drury	m	Empty the Tanks II	16:42.2	2:05.3	178.0
395 Susan Young	F	Sub 7 XVI	16:42.8	2:05.4	177.7
396 Anne Slowski	F	Ski Erg I	16:44.4	2:05.6	176.9
397 FREELANCE MN MARCHINI NICOLA	M	ROWING CLUB MANTOVA II	16:44.7	2:05.6	176.7
398 Barbara C FM	F	Fitness Matters XI	16:45.2	2:05.7	176.4
399 clareburrell	f	Free Spirits IV	16:48.7	2:06.1	174.6
400 Claire Milne	F	DLC Gidea Park III	16:51.8	2:06.5	173.0
401 Andrew Stanway	M	Free Spirits IX	16:55.7	2:07.0	171.0
402 Rose Metalli	f	Fitness Matters XII	16:56.0	2:07.0	170.9
403 Kathy Schofield	F	Forum Flyers II	16:56.4	2:07.1	170.7
404 e-Clair	M	Free Spirits IX	16:56.9	2:07.1	170.4
405 Sarah Graham Fuhrmann	F	Sub 7 XVI	16:57.2	2:07.2	170.3
406 Lisa Stoehr FM	F	Fitness Matters XIII	16:57.5	2:07.2	170.1
407 Steve Cary	M	Gee Crew I	16:58.0	2:07.3	169.9
408 Rita Risley	f	Gee Crew II	16:59.2	2:07.4	169.3
409 Rick Bayko	m	Forum Flyers VII	17:01.5	2:07.7	168.1
410 Kirstin Esau	F	Free Spirits V	17:04.2	2:08.0	166.8
411 Chet Cressman	M	Sub 7 XVI	17:06.8	2:08.4	165.5
412 Cherie Christopherson	F	Penobscoot River IRC I	17:07.0	2:08.4	165.4
413 Denise Cunningham FM	F	Fitness Matters XIV	17:07.9	2:08.5	165.0
414 Nicola Chapman FM	F	Fitness Matters XV	17:12.5	2:09.1	162.8
415 Caroline Champion	F	Sub 7 XVII	17:17.5	2:09.7	160.5
416 Sheena Haveman	f	Free Spirits VI	17:19.4	2:09.9	159.6
417 Kay Hughes	F	Team Oarsome II	17:25.8	2:10.7	156.7
418 Chris Southam	M	C2TweetCrew III	17:26.4	2:10.8	156.4
419 Nadine Coudroy	F	FIRT III	17:28.0	2:11.0	155.7
420 Marie Pourcharesse	F	FIRT IV	17:28.4	2:11.1	155.5
421 Matilda Walpole FM	F	Fitness Matters XVI	17:29.5	2:11.2	155.0
422 Georgina Price	F	Forum Flyers III	17:30.1	2:11.3	154.8
423 MrsHill Billy	F	Fitness Matters XVII	17:34.2	2:11.8	153.0
424 Donna T	F	The Sprint Group I	17:35.3	2:11.9	152.5
425 Dougie (RLR)	M	Red Line Rowers IV	17:38.1	2:12.3	151.3
426 Claire Graham	F	Team Oarsome III	17:41.8	2:12.7	149.7
427 Cat Trentham	f	Sub 7 XV	17:42.7	2:12.8	149.3
428 Rachael Griffin FM	F	Fitness Matters XVIII	17:42.9	2:12.9	149.2
429 Brian Fry	M	Age Without Limits II	17:44.8	2:13.1	148.4
430 Arno Colonius	m	Forum Flyers VII	17:49.7	2:13.7	146.4
431 Amanda Hyatt	F	Red Line Rowers IV	17:57.7	2:14.7	143.2
432 Roger Burrell	m	Free Spirits VIII	18:01.1	2:15.1	141.8
433 jean cavailles	M	FIRT VII	18:01.8	2:15.2	141.5
434 joW FF	F	Forum Flyers IV	18:02.1	2:15.3	141.4
435 Karla Poppleton	F	Taff Attack I	18:03.5	2:15.4	140.9
436 Liz Gent	F	Ski Erg II	18:04.3	2:15.5	140.6
437 Odile RIOUX	F	FIRT V	18:07.2	2:15.9	139.4
438 Coralie Basque	F	FIRT VI	18:08.8	2:16.1	138.8
439 Cynthia Runia	F	Age Without Limits I	18:14.7	2:16.8	136.6
440 Sabine Bica	F	FIRT VII	18:16.7	2:17.1	135.9
441 Ros Choate	f	Red Line Rowers V	18:18.5	2:17.3	135.2
442 Sue Marks	F	Paddy Power III	18:18.6	2:17.3	135.2
443 kerry williams	f	Fitness Matters XVI	18:18.6	2:17.3	135.2
444 diana kornbrot	F	Sub 7 XVII	18:20.6	2:17.6	134.4
445 FREELANCE MN MIGLIORINI ALESSANDRA	F	ROWING CLUB MANTOVA II	18:23.4	2:17.9	133.4
446 Michelle Houghton	F	Free Spirits VII	18:30.1	2:18.8	131.0
447 cindy HALLEZ	F	FIRT VII	18:30.2	2:18.8	131.0
448 Caroline Joynton	f	Empty the Tanks I	18:31.1	2:18.9	130.6
449 Chantal Cesses	f	FIRT VI	18:32.0	2:19.0	130.3
450 Dave Carriere	m	Free Spirits IX	18:32.1	2:19.0	130.3
451 Corinne Suarez	F	FIRT VII	18:37.6	2:19.7	128.4

98 RowPro Rowers IV

Ruud Jackel (H)

99 Ski Erg III

Howard Brammer ski (H)

100 Empty the Tanks II

Jonathan Turns ETT (H)

Rob Drury (L)

101 Forum Flyers VII

Peter Sheean (L)

Jack Gilmore (L)

Rick Bayko (L)

Arno Colonius (L)

102 Tribesports II

Christopher Smith (H)

Andy Tripp (H)

rebr (F)

103 Gee Crew II

Rita Risley (L)

104 C2TweetCrew III

Chris Southam (H)

105 Age Without Limits II

Brian Fry (H)

106 Sub 7 XVII

Caroline Champion (F)

diana kornbrot (F)

Rhonda Bishop S7 (F)

Shelagh Allen (F)

107 Free Spirits IX

Andrew Stanway (H)

e-Clair (H)

Dave Carriere (L)

Gillian Burrell (F)

108 Red Line Rowers V

Ros Choate (L)

Nadine Boles (F)

109 Sub 7 XVIII

Natalie Easterbrook (F)

Amanda Gurley (F)

452 Rhonda Bishop S7	F	Sub 7 XVII	18:44.4	2:20.6	126.1
453 Shelagh Allen	F	Sub 7 XVII	18:47.1	2:20.9	125.2
454 Josyane Quadrado	f	FIRT VII	18:51.7	2:21.5	123.6
455 Annettski	f	Ski Erg II	18:59.7	2:22.5	121.1
456 Heather Powell	f	Sub 7 XVI	19:00.3	2:22.5	120.9
457 FREELANCE MN DEGLI ESPOSTI SONIA	F	ROWING CLUB MANTOVA II	19:10.3	2:23.8	117.7
458 lizh FF	F	Forum Flyers V	19:13.6	2:24.2	116.7
459 Vicky Sewell FM	F	Fitness Matters XIX	19:15.6	2:24.5	116.1
460 Jill Underwood	F	Free Spirits VIII	19:27.0	2:25.9	112.8
461 rebr	F	Tribesports II	19:41.0	2:27.6	108.8
462 FREELANCE MN COMOLA ANNA	F	ROWING CLUB MANTOVA II	19:52.2	2:29.0	105.8
463 Natalie Easterbrook	F	Sub 7 XVIII	20:04.9	2:30.6	102.4
464 Megan Blythe FM	f	Fitness Matters XVII	20:20.3	2:32.5	98.6
465 Amanda Gurley	F	Sub 7 XVIII	20:52.9	2:36.6	91.1
466 Mrs Walpole	F	Fitness Matters XX	20:53.0	2:36.6	91.1
467 Charlie Warrick	m	Fitness Matters XVIII	21:23.8	2:40.5	84.7
468 Nadine Boles	F	Red Line Rowers V	21:29.3	2:41.2	83.6
469 Hillbilly The Kid	m	Fitness Matters XIX	21:44.9	2:43.1	80.7
470 Jean Gilmore	F	Forum Flyers VI	21:51.2	2:43.9	79.5
471 87 years old but not cold	M	The Sprint Group I	22:47.7	2:51.0	70.0
472 mjpermut	f	Age Without Limits I	23:00.7	2:52.6	68.1
473 Gillian Burrell	f	Free Spirits IX	23:07.0	2:53.4	67.2
474 Frankie Studley	f	Fitness Matters XX	24:05.2	3:00.7	59.4

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